

#147 WRITE ABOUT A LOSS OF TRUST.

 thelifeofmine3.wordpress.com/2024/03/16/17-write-about-a-loss-of-trust/

March 17, 2024



Person 1: Hey, how did you feel when you discovered a loss of trust in that close friendship or relationship?

Person 2: Man, it hit me hard. I've always been the one who keeps things positive, never let others see my struggles. But when I needed them, and they couldn't even take my pain seriously, that's when trust started slipping away.

Person 1: And the emotions when trust was broken? How did it affect your connection with them?

Person 2: I thought they were like family, you know? Treated them as such. I never showed them my sad side, but when they accused me of betrayal without understanding my struggles, it hurt. They were supposed to be there for me.

Person 1: So, what steps did you take to deal with the emotional pain from the trust loss?

Person 2: Started writing a blog, began to resent friendships, and I felt judged by my own without them even knowing my side of the story. Blocked them on every social media, deleted their numbers. Friendship failures hurt just as much as relationship ones, and I did everything to erase their memories.

Person 1: Any specific moments that made the emotional impact worse?

Person 2: Seeing other best friends together, dreaming about their future with them – marriage, babies – and then realizing it all shattered. Those moments intensify the pain.

Person 1: How did the loss of trust affect your ability to open up in future connections?

Person 2: I used to hide everything, but now? Now I'm brutally honest. If you're okay with me, great. If not, stay away. I used to avoid hurting others, but now, if you hurt me, I'll make sure you feel it too.

Person 1: Any attempts to rebuild trust? What was that like emotionally?

Person 2: Oh, I'd go to great lengths for them, defending them against the world. I'd balance their flaws and hurtness one hand ythen them in other hand , but I didn't realize the weight of their hurtness grew heavier.

Person 1: Moments of doubt or hesitation forming new connections?

Person 2: Absolutely. I didn't want to replace them, but I also didn't want them back. It wasn't just their fault; I had my shortcomings. It created distance, and I hesitated to let others in.

Person 1: How did you navigate the emotional aftermath?

Person 2: I didn't do much, just went with the flow. Healing isn't a solution; it's part of life. I just let things be.

Person 1: Any positive growth or lessons from rebuilding trust?

Person 2: Yeah, I used to think they were my everything. Now, I've learned to have bonds with anyone without possessiveness. It's about personal growth.

My responses are applicable to both friendships and relationships, and I'm not referring to individuals collectively unless I specify he/she.